



September 2006

Naval Health Clinic Hawaii Health Promotion presents:

September is Dental Health & 5-A-Day Month

For additional information and resources visit Health Promotion or call 473-1880 Ext 282.

To register for a class, please call the respective numbers.

Makalapa 473-0247

Kaneohe Bay 257-2131

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>What You Can Do To Maintain Good Oral Health:</u></p> <ul style="list-style-type: none"> Take care of your teeth and gums- brush with a fluoride toothpaste at least 2-3 times a day Avoid tobacco- tobacco increases the risk for gum disease, oral and throat cancers, and oral fungal infections Limit alcohol- Heavy use of alcohol is a risk factor for oral and throat cancers Eat wisely- Avoid sugars and starches Visit the dentist regularly- Check ups can detect early signs of oral health problems Drink fluoridated water 	<p>5 Makalapa Nutrition / Weight Mgt 1000-1100 K-Bay Tobacco Cessation 1 1400-1500</p>	<p>6 Makalapa Tobacco Cessation 1 1000-1100 OR 1630-1730</p>	<p>When you're deciding about snacks, think about:</p> <ul style="list-style-type: none"> The number of times a day you eat sugary snacks How long the sugary food stays in your mouth The texture of the sugary food (Chewy? Sticky?) 	1
	<p>12 K-Bay Tobacco Cessation 2 1400-1500</p>	<p>13 Makalapa Tobacco Cessation 2 1000-1100 OR 1630-1730 K-Bay Healthy Heart 0900-1000</p>		<p>14</p> <p>15 K-Bay Self-Care 0900-1000</p>
	<p>19 K-Bay Nutrition / Weight Mgt 0900-1000 Makalapa Nutrition / Weight Mgt 1300-1400 K-Bay Tobacco Cessation 3 1400-1500</p>	<p>20 Makalapa Tobacco Cessation 3 1000-1100 OR 1630-1730</p>	<p>21 Makalapa Healthy Heart 1000-1100</p>	22
<p>25</p> <p>CELEBRATE Dental Health Month</p>	<p>26 K-Bay Tobacco Cessation 4 1400-1500</p>	<p>27 Makalapa Tobacco Cessation 4 1000-1100 OR 1630-1730</p>		<p>28</p> <p>29 K-Bay Self-Care 0900-100</p>